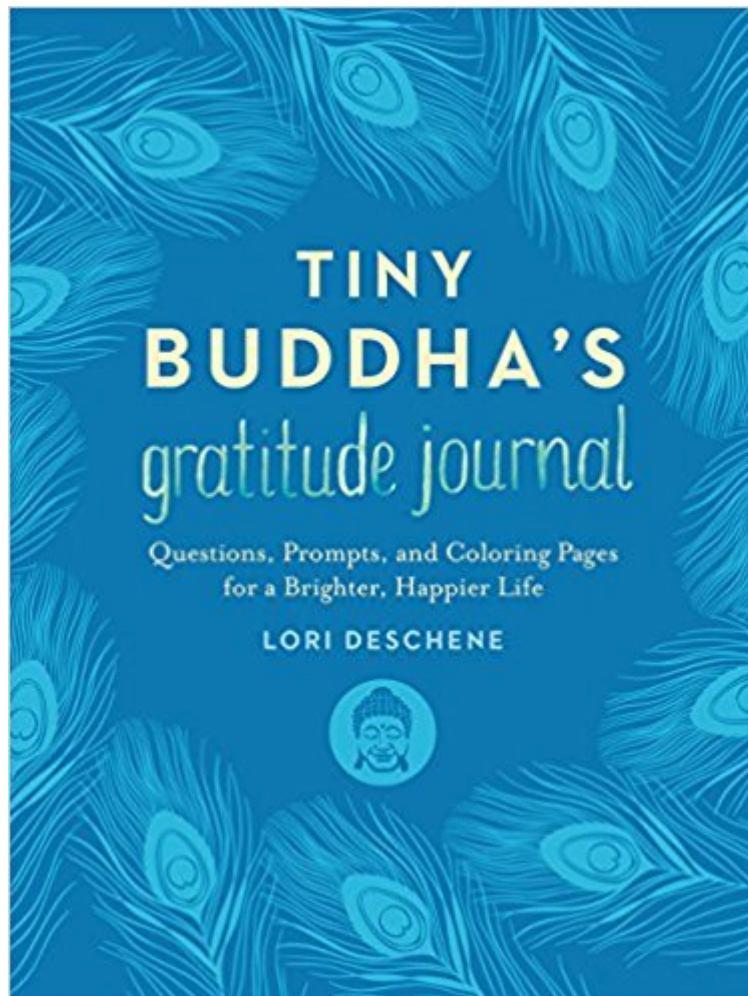




The book was found

Tiny Buddha's Gratitude Journal: Questions, Prompts, And Coloring Pages For A Brighter, Happier Life



Synopsis

From the author of *100 Tiny Buddha* and founder of the popular online community Tiny Buddha comes a flexibound interactive journal to help readers creatively foster gratitude in their daily lives. Even in the hardest of times, we have things to be grateful for. Lori Deschene, founder of TinyBuddha.com, helps us recognize these small blessings with this journal dedicated to thankfulness. Each page of *100 Tiny Buddha's Gratitude Journal* includes a question or prompt to help readers reflect on everything that's worth appreciating in their lives. Sprinkled throughout this soulful journal are fifteen coloring pages depicting ordinary, often overlooked objects that enhance our lives, with space for written reflection on the page. With *100 Tiny Buddha's Gratitude Journal*, readers will be able to recognize small blessings, focus on the positive, and foster optimism to help them be their best, happiest selves every day.

Book Information

Hardcover: 160 pages

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Average Customer Review: 4.7 out of 5 stars 35 customer reviews

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in *Books > Self-Help > Art Therapy & Relaxation* #99 in *Books > Health, Fitness & Dieting*

> Alternative Medicine > Meditation

Customer Reviews

"Fun, creative, and insightful, *100 Tiny Buddha's Gratitude Journal* will brighten your days and change your life!" (Karen Salmansohn, author of *Instant Happy* and *Instant Happy Journal*)

Practicing gratitude has been shown to increase happiness, make us more resilient, strengthen relationships, and reduce stress. *100 Tiny Buddha's Gratitude Journal* is an interactive way to

spark those elusive moments of gratitude and get us closer to being our best, happiest selves. Complete with thoughtful prompts and questions for reflection, as well as coloring pages depicting often under-appreciated moments, this journal is a daily, active reminder of all the things worth appreciating in our lives.

This is a great personal Journal, it asks questions that will get you thinking a little deeper about things that you may already be thinking about, but now you can write your feeling with a bit more depth, plus if you like to color, there are some really neat drawings, which I found very great for taking the time to color.

What a beautiful journal and the cover though! Wow. Thank you for putting together such a great product. I love your Tiny Buddha fb page and I am so happy to be able to get this. Thank you!

Excellent guide to realize what you are thankful for and what is important.

A great journal. Very thought provoking and reflective. Recommend.

I love all things Tiny Buddah. I glean a lot from this author.

I really enjoy this journal. The prompts are things we can all relate to. Some I can write about now and some I know I will be able to write about one day. The illustrations are fun and it is nice that we can color them in. Great book.

Awesome journal, my first ever! Great ideas and prompts to get me started!

Love it. High quality. Thank you.

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Tiny Houses: Everything You Need to Know before Buying a Tiny House (Tiny Houses, Tiny House Living, Tiny Homes, Tiny House)
Tiny Houses: The Ultimate Beginner's Guide! : 20 Space Hacks for Living Big in Your Tiny House (Tiny Homes, Small Home, Tiny House

Plans, Tiny House Living Book 1) The Gratitude Journal: A 21 Day Challenge to More Gratitude, Deeper Relationships, and Greater Joy (A Life of Gratitude) Start Each Day with a Grateful Heart: Gratitude Journal with Bible Verses and Inspirational Quote: Large Print Gratitude Journal with Daily Scriptures: Gifts for Women/Teens/Seniors Psalm 46:5 God Is Within Her, She Will Not Fall: Prayer Journal for Women to Write in/for Daily Conversation & Praise with God (Bible Verse Journal ... Gratitude Journal, 110 pages, matter cover 365 Journal Writing Ideas: A year of daily journal writing prompts, questions & actions to fill your journal with memories, self-reflection, creativity & direction. 125 Creative Journal Writing Prompts: Journaling Ideas and Motivation for Success (Journaling bible, Journaling prompts) 52 Sketch Prompts: Weekly Art Prompts for Creative Doodling & Beyond - 8.5" x 5.5" Sketchbook Artist Journal Project Ideas to Draw, Collage, Illustrate, Design & More! For All Ages, Teens to Adults Bullet Journal: 150 Pages Cactus Pattern Dotted Journal - 8"x10" (Bullet Journal Notebook) - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 1) Bullet Journal: Cactus Green Dotted Journal - 150 Pages (Size 8"x10") - Bullet Journal Notebook - With Bullet Journal Ideas: Bullet Journal Notebook (Volume 2) Brighter Child® Master Math: Advanced Concepts, Grade 4 (Brighter Child Workbooks) Brighter Child® Master Math Introductory Algebra, Grade 5 (Brighter Child Workbooks) Brighter Child® Master Math: Solving Problems, Grade 3 (Brighter Child Workbooks) Colors & Shapes (Brighter Child Workbooks Brighter Child Preschool Workbooks) Brighter Child® Master Math: Introductory Geometry, Grade 6 (Brighter Child Workbooks) Tiny Homes: Build your Tiny Home, Live Off Grid in your Tiny house today, become a minimalist and travel in your micro shelter! With Floor plans Tiny Houses : Beginners Guide: Tiny House Living On A Budget, Building Plans For A Tiny House, Enjoy Woodworking, Living Mortgage Free And Sustainably ... Design, construction, country living Book 1) Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1)

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